

Dear Parents,

It is our mutual goal to teach and encourage our children to develop nutritious eating habits and make healthy choices. Selecting healthy choices will ultimately help children to develop behaviors that will serve them throughout their lives.

The Student Nutrition Department provides these healthy choices in our breakfast and lunch meals each day. Remind your children that they may select a meal that includes the following:

BREAKFAST MEAL:

A student must select at least three components (meat/meat alternative; gran/bread; fruit; milk) with a maximum of four components. Examples: Cereal and yogurt, strawberries and milk or yogurt, strawberries and milk or cereal and yogurt, and milk.

LUNCH MEAL:

Students must select a fruit or vegetable with at least 2 other components (meat/meat alternative; gran/bread; fruit; vegetable; milk). Examples: Chicken drums with rice, green beans, sliced orange and milk or chicken drums with rice, sliced orange and milk or rice, green beans and milk.

Choice of milk includes: skim milk, skim chocolate milk and 1% white milk.

Juice is available only at an a la carte price.

SNACKS OR EXTRAS:

Snacks or extras are charged separately.

If you choose to allow your child a snack or extras, you have the option to send cash or add extra money to your child's account.

We encourage all snacks to be purchased at time of meal purchase to alleviate longer lines.

Contact US:

Please visit our website for contacts, meal prices, nutrition information and menus. Also, look for our upcoming events, nutrition videos, and games and puzzles. Visit us at www.wylieisd.net and connect to Parent Resources, then click on "Lunch Menus."

Facts About School Lunch:

This fall, Wylie ISD school cafeterias are meeting tough new federal nutrition standards for school meals, ensuring that meals are healthy and well-balanced and provide students all the nutrition they need to succeed at school. Now is a great time to encourage your kids to choose school lunch!

School meals offer students milk, fruits and vegetables, proteins and grains, and they must meet strict limits on saturated fat and portion size. Starting in School Year 2012-2013, school lunches will meet additional standards requiring:

- Age-appropriate calorie limits
- Larger servings of vegetables and fruits (students must take at least one serving of produce)
- A wider variety of vegetables, including dark green and red/orange vegetables and legumes
- Fat-free or 1% milk (flavored milk must be fat-free)
- More whole grains
- And less sodium

Wylie ISD Student Nutrition Department follows all federal and state guidelines and is evaluated every three years during an extensive audit (Coordinated Review Effort).

The Wylie ISD Student Nutrition Department strides for the highest standards in menu variety and meal quality. All meals follow the Texas Public School Nutrition Policy (www.squaremeals.com) and are planned by a registered dietitian. Health inspections at each kitchen are given twice a year by the county, HACCP Policy, Wellness Policy and Civil Rights Policy are implemented. Staff is trained on all regulations.

Wylie ISD Student Nutrition Department is also involved in the Healthier US School Challenge.

School Lunches are;

- * including more fruits, salads, and vegetables daily
- *including more dairy items; skim milk, 1% milk, yogurt
- *including whole grain or whole wheat menu selections
- *Including only baked prepared or prepackaged foods
- *Excluding added salt or salty foods
- *Excluding foods with minimal nutritional value
- *Excluding fried foods

Free and Reduced Cost Meals

Nutritious meals are available free or at a reduced price to eligible students (\$.30 Breakfast Meal), (\$.40 Lunch Meal) Applications are available online, or at the school campus or at the Student Nutrition Department and must be completed annually. All applications are included in

the registration packet for the Secondary schools and included in the Elementary and Intermediate student packet at the beginning of each school year. Return all applications to the school campus or to the Student Nutrition Department located at 200 Pirate Drive, Wylie, Texas 75098. Phone number- 972-429-2333.

Applications may be submitted anytime during the school year.

Payment for Meals

Students are encouraged to purchase meals from the Food and Nutrition Department in advance. The Point of Sale system allows for payments to be made to the student's account all year. Students may use the money to purchase any food in the cafeteria. Each student is assigned a personal identification number that can be used until their senior year. Every student must enter his/her ID number or scan their school card whether they are paying cash or using their account.

Please be sure your student knows his/her

*ID number

*Teachers Name (Elementary)

Meal Prices for 2012-2013 School Year

Student Breakfast- \$1.35 Adult Staff or Visitor- \$1.75

Student Lunch – Elementary/Intermediate- \$2.25 Adult Staff or Visitor- \$3.25

Junior High-- \$2.25

High School-\$2.50

Three types of payments are accepted for school meals or grab and go items. Cash, check or online payment. A check must have the parent's driver's license number before it can be processed. To begin your online payment by credit or debit card first connect to the district's website which is www.wylieisd.net , click on Wylie ISD Web Store, (meal payments) for instructions, then follow the directions to set up your account through Parent Online Access.

To make an online payment, parents will need;

*major credit card, debit card

*Students' ID number

Parents can also view student transactions reports and monitor meal activity.

If you prefer that your student only purchase full meals, please let the manager know and she will mark the account to that effect. Pre-payments in the morning before school or credit card payments help us move the students through the lines much faster; this allows them more time to eat their meal. Students are always notified when their account is getting low. Payment reminders are sent home two times a week; e-mails/phone messages are sent out weekly. Please pay negative accounts in a timely manner.

Charging is not allowed.

We Recycle:

Wylie ISD is committed to recycling.

At many campuses, we are promoting recycling paper and plastic. We are proud of the efforts our district is making to recycle and reduce waste.

Please call or e-mail your school manager with any questions or concerns. (E-mail address and phone numbers are listed at the Student Nutrition Department website.)

Thank you,

Theresa Johnson

Student Nutrition Director

972-429-2335

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